

Class Rules.

1. Show respect to all Lion Self Defense instructors, assistant instructors, and guests.
2. When the instructor, assistant, or guest is talking, do not speak or interrupt. If you have a question Say "I have a question".
3. Do not use harsh contact unless it is part of the instructed drill or a supervised bout.
4. If your opponent or drilling partner taps out (3 or more hand taps) or gives a request to stop, you must honor the 'tap out' or 'request to stop' and immediately discontinue the sparring session or drill.
5. Be co-operative to learn until its time to be alive with your drills. If your learning don't counter. Counter when instructed to do so!
6. Don't be sloppy with your drills. Practice with 100% focus and good control or just sit down and watch the class.
7. No chewing gum or eating in class. There are loads of eating establishments near by.
8. Bring a bottle of water or juice (no soft drinks or coffee). I will allow coffee before class but not during
9. Come to class on time, If your late its push ups. This is not punishment, its about conditioning and being on time.
10. Practice your drills and techniques everyday. Exercise everyday. Stretch everyday. Never work the same muscles everyday or practice the same stretches or techniques everyday. Add variety and cross train the mind and body. Some days it may be for 15 minutes, other days it may be for 4 hours. Do what you can each day, but do something everyday.
11. Keep your workout attire, martial arts uniforms, and/or military uniform clean and free of tears. If you look like a mess, don't bother coming to class.
12. No negative words or foul language is tolerated at Lion Self Defense! If you can't control your tongue, then you can't control your actions, and Lion Survival doesn't want you as a student. Negative words include, but are not limited to: "I can't..." "I don't want to...", "That's too hard," "That's impossible," "You suck," "That's stupid," "You're stupid," (no non-edifying words) etc.
13. Call your instructor by first name show respect.
14. Dont counter techniques unless told to do so! We believe in alive fighting and non-consensual fighting. But certain techniques or concepts all have their "learning mode". We eventually break away from this.
15. Dont muscle techniques or do a disservice to your partner when he is learning. After he has learned concepts and techniques then you can go at it.
16. Learn the skeletal structure then flesh out the curriculum.
17. If your sick don't come to class, we all don't want to get sick.
18. Do not challenge the instructor or other students. You will be asked to leave on the spot. This is not tolerated. We all have mutual respect for one another.
19. Sparr with respect, don't sparr angry, pissed off or in a bad mood.
20. You are here to learn remember that.
21. No student shall insult any martial arts style or school, fellow student, assistant, instructor, and/or guest. Take what's useful to you and throw away whats not. Its bad enough there is a lot of mudslinging and politics. We don't want any of that. Its not the style, it's the man. Its also the training methods.